

HALIFAX metro®



Clinic closure leaves patients without a doc

N.S. struggling to recruit, keep family physicians **PAGE 3**

Owner of razed seniors' home shares sorrow

Mass in L'Isle-Verte, Que., draws hundreds **PAGE 8**

Music's biggest stars come out to play

Macklemore, Daft Punk clean up at Grammys **PAGE 12**

THEY'RE GOING NUTS FOR OL' SCHOOL DONUTS

FOOD TRUCK RUN BY COLE HARBOUR TEEN AND HIS PARENTS IS TAKING OFF **PAGE 4**



NO MIRACLES TO BE HAD

The Halifax Rainmen's Raven Barber, left, tries to find a way around Brandon Webster of the Moncton Miracles during National Basketball League of Canada action at the Halifax Metro Centre on Sunday afternoon. Halifax lost 105-97. Story, page 17. JEFF HARPER/METRO

HRM getting a checkup

Report. Council to debate initiatives related to improving area's overall health, 'livability'

Halifax regional councillors will debate a topic this week that's typically not considered the jurisdiction of municipal governments — the health of HRM residents and, more specifically, how it can be improved.

Council will consider a staff report that recommends supporting three initiatives arising from the "mayor's conversation on healthy and livable communities," a meeting hosted by Mayor Mike Savage last October to gather ideas on improving health in the municipality by the year 2020.

"Other levels of government have to take responsibility for hospitals and things like that, but all the ... social determinants of health, the municipal

Quoted

"The social determinants of health are the same as social determinants of crime. If we can give people communities where ... they live in a healthy way, then it's good for everybody."

Mayor Mike Savage

ity's involved in so many of them," said Savage on Sunday.

Within the next budget year, the staff report recommends that council seek improvements to bike connectivity on the Halifax side of the Macdonald Bridge; develop and implement an urban orchard pilot project; and work with Business Improvement Districts to improve accessibility in HRM.

The staff report notes improving the Halifax connec-

tion to the Macdonald Bridge bikeway was the "most mentioned project" during the review of HRM's transportation strategy, and it recommends working with Halifax Harbour Bridges to find a solution in conjunction with the 2015 re-decking project.

It also notes the urban orchard falls in line with community feedback on HRM's Urban Forest Master Plan.

"One of the objectives stated in the UFMP ... is to 'increase the amount of edibles available from the urban forest,'" the report states.

Savage said these are the first tangible steps to emerge from the meeting last fall, which established three themes considered critical for improving health: Accessibility, active transportation, and food security and strategy.

"This is about ... really becoming a healthy community in a whole bunch of different ways," he said.

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Clinic closure threatens to further strain system

Is there a doctor in the house? No? N.S. faces shortage as physicians seek fortune elsewhere

Nova Scotia health officials are trying to figure out how to accommodate thousands of patients who will be without a family physician when their doctor closes a clinic in Halifax at a time when the province is struggling to recruit and retain doctors.

Dr. Michael Power issued a letter to patients at the Lacewood Medical Centre late last year announcing his intention to shutter the practice at the

end of March and relocate to Toronto after failing to attract new doctors as he sank further into debt.

The centre said it has been carrying up to 20,000 patients since opening in 2003 with seven doctors but was left with three physicians after some left the province.

This latest closure puts added pressure on a system already stressed as physicians

Pragmatism

"The clinic has operated at a loss, and I can't do that anymore."

Dr. Michael Power

leave areas of the province to seek out higher pay and better workloads in other parts of the country, say experts.

"When we get these situations like Dr. Power's clinic, which is obviously very critical and something we need to address, it's challenging because the system is so complex," said Kevin Chapman of Doctors Nova Scotia.

"I don't know if there's capacity in the system for an additional 20,000 patients with the physicians we have."

Health Minister Leo Glavine, who met with Power, says in the short-term, Lacewood patients can use walk-in clinics, the emergency room or be picked up temporarily by doc-

Stretched thin

"I don't know if there's capacity in the system for an additional 20,000 patients with the physicians we have."

Kevin Chapman of Doctors Nova Scotia

tors if they can't find a family physician.

"I am concerned about this but I do have very strong assurances from Capital Health that they will be able to look after placing those patients," he said.

Dr. Rick Gibson, chief of the district's department of family practice, says there are plenty of family doctors in Halifax who are taking new patients

and that the area has more family physicians than the national average per capita.

The Canadian Institute for Health Information says doctors were paid an average of about \$328,000 before taxes and expenses in 2011-2012. The average gross clinical payment per physician ranged from \$258,000 in Nova Scotia to \$376,000 in Ontario.

THE CANADIAN PRESS



That's stamina: Sex show goes for sixth year

A model walks the catwalk on Saturday afternoon during Halifax's sixth annual Everything To Do With Sex Show at the Cunard Centre. The three-day event drew hundreds of people and offered everything from erotic art to burlesque performances, pleasure aids to dungeon demos. GEORDON OMAND/METRO

Mile-high club to clink? Woman allegedly kicked cop after mid-flight sex

A 24-year-old woman from Porters Lake has been charged with assaulting an officer after being questioned by police in the Halifax airport about an alleged mid-flight sexual act.

RCMP were called to the airport on Friday around 5:30 p.m. regarding a complaint about a pair on Air Canada Flight 610 from Toronto.

After approaching the woman and a 38-year-old man in the terminal, police say the woman became disruptive and was placed under arrest for causing a disturbance.

On the way

RCMP say they expect to lay additional charges against the pair.

While being escorted from the airport she allegedly kicked and swore at police.

The Mounties say she was kept in jail overnight and was released in the morning to appear in Dartmouth provincial court on Feb. 25.

The man was released at the scene. METRO

1 NEWS



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Eastern Passage. Duplex heavily damaged by fire

A fire destroyed one half of a duplex in Eastern Passage Sunday afternoon, leaving heavy damage on the other side.

Halifax fire division commander Lloyd Currie said crews were called to the blaze in the 100 block of Romkey Drive around 4 p.m.

Currie said when firefighters arrived, there was some concern that the blaze could spread to nearby homes but they kept water on it and the fire was mostly out by 5 p.m.

"There was a lot of wind coming off of the harbour which kept it going," Cur-

Investigating cause

Investigators will begin gathering evidence Monday morning to determine the cause of the fire.

rie said.

He said one part of the duplex was "totally gutted" while the other side had heavy damage on the top floor.

None of the residents were home at the time of the fire, and no one else was injured, Currie said. **HALEY RYAN/METRO**

Review. Panel examining N.S. politicians' salaries want public submissions

A three-member panel that is reviewing the compensation paid to members of the Nova Scotia legislature is seeking submissions from interested people or groups.

The panel is asking for written and in-person presentations. The public meetings

will be held at the legislature on Feb. 12, with each speaker receiving a 15-minute time slot.

People who want to participate must submit an application to the review panel through the legislature's chief clerk's office by Feb. 14.

THE CANADIAN PRESS

Sexual assault. N.S. police charge Grade 6 teacher

RCMP in Nova Scotia have charged an elementary school teacher with sexual assault and multiple counts of luring minors over the Internet.

Police say the charges are the result of an 11-week investigation into 37-year-old Carolyn Amy Hood following complaints made by Thorburn Consolidated School.

Hood was arrested on Friday at her home in Stellarton.

"Right now we're aware of two male victims ... (aged) 15 and 16 at the time of the incidents," said RCMP spokesman Sgt. Alain LeBlanc. "(But) the investigation is still ... ongoing."

Released on conditions

Carolyn Amy Hood has been released on conditions and is due to appear in Pictou provincial court on March 17.

LeBlanc said the incidents took place between April and September 2013.

Hood faces multiple charges, including one count of sexual assault, two counts of luring minors over the Internet for sexual purposes and two counts of sexual exploitation of a young person. **METRO**

Annapolis County

Cop car crashed into while trying to follow a suspect

Police are investigating after a Nova Scotia RCMP vehicle was hit by another car on Sunday.

Around noon on Highway 1 near Paradise, Annapolis County, police say the RCMP car was hit by a Honda

Accord travelling east as it was leaving a driveway. The RCMP officer had the emergency lights flashing and was trying to follow a suspect when his car was hit. The 40-year-old officer and four people in the Honda were assessed by paramedics at the scene, and no serious injuries were reported. The RCMP said both cars received "extensive damage" and a traffic analyst is now assisting with the investigation. **METRO**



A line forms at Ol' School Donuts in Bedford on Sunday. **JEFF HARPER/METRO**

Hole-y delicious!

Ol' School Donuts. Cole Harbour family starts own foodie business



HALEY RYAN
haley.ryan@metronews.ca

A man joins the line in front of a bright red bus, pulling his toque down over his ears as a chilly wind blows down the Bedford Highway.

One of HRM's newest food trucks, Ol' School Donuts, pulled up to a parking lot full of eager customers across from the Bedford United Church on Sunday afternoon and began dishing out warm, sugary bags of mini-doughnuts.

"It was so good. I'm never going to Tim Hortons ever again," laughed Ashley Swain after trying the s'mores variety.



Noah Connolly, 17 CONTRIBUTED

"I like that there's new trucks all the time. It's really something Halifax should have more of."

Noah Connolly, 17, said he and his dad had been thinking about starting a food business for a while before they drove a 1972 Stampede tailgate bus into their Cole Har-

bour driveway.

"That kind of spurred the idea," Connolly said Sunday in between studying for exams and meeting with local food truck owners.

Although that bus didn't last long because it needed too many repairs, its "ol' school" name inspired the current logo.

"We didn't think it would catch on so quickly," said Noah's mom Lynda as she tossed the doughnuts in cinnamon sugar, her husband, Neville, handling the deep fryer.

The Grade 11 student at Dartmouth High School said he started the business because it's a good way to save money for university, give back to the community, and "people like doughnuts so it's kind of a no-brainer."

Connolly said the rising popularity of food trucks across North America gave him the

idea the business could take off here, especially since no local stores focus on homemade doughnuts.

Business is going "really well," Connolly said, and hopes to add some Halifax and Sackville locations to their schedule this summer.

He said social media, especially Twitter, has helped let people know where the bus will show up on the weekends.

"We'll just wait and see how far this bus can take us," Connolly said. "There's nothing saying we can't get another one, too."

Twitter

People can follow @olschooldonuts on Twitter to see where the bus will show up next.



A Metro Transit ferry **METRO FILE**

Renovations to impact Dartmouth ferry terminal until mid-May

The passenger waiting area at Alderney Landing in Dartmouth will be closed for an estimated 16 weeks during upgrades to the ferry terminal.

According to Metro Transit, an alternate waiting area will be set up near the build-

ing's escalators until construction is complete, though ferry service itself will not be affected.

Besides general renovations to the waiting area, the project will involve upgrading the washrooms and installing a new entrance vestibule.

The changes are designed to improve traffic flow and improve the attractiveness of the terminal space, said a Metro Transit press release.

Passengers are advised there may be noise, dust and fumes during construction.

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Amber Kirwan murder. Jury to begin deliberations

Closing arguments have been presented to the jury in the trial of a Nova Scotia man accused of first-degree murder in the death of 19-year-old Amber Kirwan.

Defence lawyer Mike Taylor and Crown attorney Bill Gorman laid out their cases to the jury on Friday with both sides asking the jurors to give a common sense analysis of the evidence.

Gorman says while the case is circumstantial, the only logical conclusion based on the evidence is that Christopher Alexander Falconer

committed the offence.



Amber Kirwan
CONTRIBUTED

Taylor, meanwhile, says there are a number of other plausible explanations that create a reasonable doubt.

The jurors have now been given the weekend off and will receive their final instructions from Nova Scotia Supreme Court Judge Nick Scaravelli on Monday before they begin deliberations.

THE CANADIAN PRESS

Drummond Court

Two masked men attacked victim with crowbar: Cops

Police are on the hunt for two men after a person was assaulted with a crowbar in a Halifax home.

Just after 11:30 p.m. Friday, police say two masked men broke down the door of

a residence in the 5,000 block of Drummond Court and assaulted a man living inside with a crowbar.

The victim suffered non-life-threatening injuries. Police say the masked men fled in a gold-coloured car.

Officers searched the area but were unable to locate the two men, or the vehicle.

Police say the incident doesn't appear to be random.

METRO

Glen Race found not criminally responsible for Halifax murders

'Psychotic mission'

Trevor Brewster, Paul Michael Knott 'victims of schizophrenia': Judge

The unsettling case of a young man who claimed to be a vampire slayer when he murdered two Halifax men in 2007 concluded Friday when a judge declared him not criminally responsible for the crimes.

Judge Kevin Coady of Nova Scotia Supreme Court decided Glen Race was too mentally ill with schizophrenia to understand that his "psychotic mission" was morally wrong.

"It is important to realize that Mr. Race, his family and friends are victims as well," Coady said in a written decision. "They are victims of the cruel and unforgiving illness of schizophrenia."

Outside the court, Race's mother, Donna, reached out to the families of the two

New York victim

Within the next 45 days, Glen Race is expected to be sent back to the U.S., where he will continue serving his sentence for a murder in upstate New York, three days after Trevor Brewster was killed.

- Race's lawyer, Joel Pink, said he wants to file an appeal of the U.S. conviction based on the expert psychiatric evidence presented in Halifax.



Donna Race and her husband Mark Race talk with reporters after their son Glen Race was found not criminally responsible for two murders on Friday.
ANDREW VAUGHAN/THE CANADIAN PRESS

victims, Trevor Brewster and Paul Michael Knott.

"We hope that the families, the Brewster and Knott families, will find forgiveness some day in their hearts and that they can go on and be peaceful," she said.

The hearing Friday started with the reading of a victim impact statement from Brewster's sister, Robenia.

"I hate him for what he

did to our families," the statement said. "We have to go to a graveyard and talk to a cold gravestone. It doesn't seem fair to me."

Race pleaded guilty in September to first-degree murder in the death of Brewster, and second-degree murder in Knott's death.

At a court hearing in November, Coady was presented with an agreed statement of

facts based on the findings of three psychiatric experts who said Race believed he was a vampire slayer and a godlike entity ordered by angels to cleanse the world of demons and sin.

Both the Crown and the defence recommended Race, 32, should be declared not criminally responsible for his actions due to mental illness.

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'We will try to find the strength to get through this'



A woman holding a picture of her husband, who died in last week's seniors' residence fire, arrives for a commemorative service for the victims on Sunday in L'Isle-Verte, Que. RYAN REMIOWZ/THE CANADIAN PRESS

L'Isle-Verte. Owner of fire-ravaged seniors' home speaks about tragic loss of life to over 1,000 gathered at commemorative mass

The owner of a Quebec seniors' residence that burned to the ground offered his condolences to the victims Sunday.

Speaking to a throng of reporters outside the church in L'Isle-Verte, Roch Bernier said it was not the right time to say whether he would rebuild the residence.

He said the mass, attended by more than 1,000 people, was a day for the victims, the missing and residents of the town.

Bernier received a standing ovation as he stood up to speak at the mass.

"What you're living inside, we are living it inside as well," he told the gathering, which

No rush to judgment

"We will wait for the inquiry because now we don't have the results of this evaluation and examination. After that, we will see if there are some new rules to adopt."

Quebec Premier Pauline Marois, who said she wants to see the results of the various investigations into the blaze before rushing to judgment on a solution.

included Quebec Premier Pauline Marois and Liberal Leader Philippe Couillard. "We will try to find the strength to get through this."

A more formal commemorative ceremony, featuring more dignitaries, is scheduled for this Saturday. Sunday was a chance for the tiny Quebec village to voice its collective grief, with priest Gilles Frigon calling it "a first step toward healing."

Meanwhile, authorities said there was no change in the number of victims. Ten people have been confirmed dead and 22 others are missing and presumed dead after Thursday's blaze at the Résidence du Havre.

Searches were hampered

Sunday by bitter cold, poor visibility, blowing snow and winds up to 90 km/h, provincial police Lt. Guy Lapointe told a news conference.

Marois arrived in L'Isle-Verte on Sunday to see first-hand the results of the fatal fire, cutting short a trip to Europe to deliver condolences in the village of about 1,500.

The premier called the brutal blaze "unacceptable" and said she hopes such a tragedy never repeats.

She told a news conference that everything is being done to provide support for those who survived the fire and to give closure to those still awaiting word on their loved ones.

THE CANADIAN PRESS

Hundreds rally in Ottawa to 'save Canada Post'

Around 300 protesters marched through downtown Ottawa en route to the Prime Minister's Office (PMO) Sunday to protest government plans to end door-to-door mail delivery.

Marching to the beat of Bob Marley's Get Up, Stand Up, the employees, most of them from Montreal, blew whistles and waved signs while shouting, "Save Canada Post" as they converged at the PMO for the rally.

"This is not just an attack on Canada Post and our

customers, this is an attack on our whole country and everybody who lives in this country," said Ian Anderson, president of the Canadian Union of Postal Workers (CUPW) Ottawa local, to a roar of cheers.

"We need to stop this corporation and stop this government — it's an attack on everybody."

The Crown corporation is eyeing \$900 million in savings every year by replacing foot delivery with community mail boxes and increasing

postage prices. The feds also plan to cut thousands of jobs over the next five years.

The plan doesn't sit well with Sid Ryan, the president of Ontario Federation of Labour, who rallied the crowd Sunday.

"This social program of postal delivery has been in place for 150 years. It is one of those social programs that unites our country, just like the health-care system," he said. "We're not going down without a fight."

Ottawa & District Labour

Council president Sean McKenney told the hundreds huddled around him trying to stay warm that the changes will mostly affect "our elderly, our disabled, our sick, our seniors," and said Canada Post CEO Deepak Chopra has been "completely ignoring suggestions by others."

The CUPW plans to continue to protest the changes with door-to-door campaigns and other crusades to drum up even more support to save urban postal service.

TREVOR GREENWAY/METRO IN OTTAWA



Billie the dog walks along with about 2,000 people marching through the streets of Ottawa in support of CUPW, which rallied outside Prime Minister Stephen Harper's office Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Back in session

As Parliament returns, scandal, budget expected to dominate

MPs return to Parliament on Monday with the spectre of the Senate expenses scandal still hovering over the government, which says it intends to remain focused on the economy, with

next month's budget the centrepiece of the winter sitting.

But New Democrats and Liberals believe the ongoing RCMP investigation and potential charges against Prime Minister Stephen Harper's former chief of staff and four senators will keep the government firmly mired in the Senate scandal, as it was for most of last year.

THE CANADIAN PRESS

Privacy

Border officials to share personal info with federal government

Canadian border officials plan to share personal information obtained under a new Canada-U.S. border data-exchange program with other federal departments.

The program, in which

Ottawa and Washington will start sharing their citizens' travel and biographic data this summer, means anyone from Canada travelling to or from the U.S. by land will have his or her information passed on to federal departments.

The Canadian Border Services Agency confirmed the new practice and said data would only be passed in accordance to stringent rules. TORSTAR NEWS SERVICE

Life's a beach for Biebs

Justin Bieber spotted relaxing in Panama amid DUI charges

A Panamanian radio and TV host says Justin Bieber has been relaxing on a beach in Panama on a vacation from the U.S., where he faces DUI charges after being arrested last week.

Eddy Vasquez was filming a show at the Pacific Coast resort in Punta Chame, about 145 kilometres west of Panama City, when he spotted Bieber and members of his entourage walking along the beach.

He and his crew took pictures of the singer and his companions, who got on personal watercraft and travelled to a nearby island.

THE ASSOCIATED PRESS

Syria peace talks broker deal for Homs

The city of Homs.
Activists say about 800 families are trapped without regular access to food or medicine

Two days of face-to-face peace talks yielded a narrow and tentative agreement Sunday for

women and children trapped in a blockaded Syrian city, and the government said President Bashar Assad had no intention of giving up "the keys to Damascus."

With little progress to show after months of international pressure for the conference in Geneva, the U.N. mediator hoping to broker an end to Syria's civil war defended their

pace.

"I think being too slow is a better way than going too fast," Lakhdar Brahimi said. "If you run, you may gain one hour and lose one week."

The limited agreement to let women and children leave a blockaded part of the old city of Homs, under negotiation for at least two days, fell far short of expectations and was called

into question by multiple reports of government shelling.

The talks have yet to touch upon the issue of a possible transitional government — their purpose according to terms laid out when they were first conceived. But the government was unequivocal that Assad's future was assured in the country led by his family since 1970. **THE ASSOCIATED PRESS**



Syrian opposition chief negotiator Hadi Bahra, left, and Louay Safi, spokesman for the Syrian National Coalition in Geneva on Sunday. SALVATORE DI NOLFI/KEystone/THE ASSOCIATED PRESS

Advance voting. Thai protesters force closure of many polling stations

Anti-government demonstrators swarmed dozens of polling stations in Thailand on Sunday to stop advance voting for next week's general elections, chaining gates shut, threatening voters and preventing hundreds of thousands of people from casting ballots.

A protest faction leader was fatally shot in a confrontation near a voting centre that also left 11 people wounded, the city's emergency services said, and isolated street brawls broke out in several parts of Bangkok.

The chaos underscored the precariousness of Thailand's fragile democracy, and the increasing weakness of Prime Minister Yingluck Shinawatra's elected administration. Yingluck had called the Feb. 2 vote in a failed bid to ease months of street protests, but police did not disperse the crowds because of longstanding orders to avert violence, which many fear would give the all-powerful army reason to stage a coup.

"It's a sad day for democracy



A Bangkok resident shows her support to anti-government protesters outside a polling station in Bangkok, Thailand, Sunday. WASON WANICHAKORN/THE ASSOCIATED PRESS

when the right to vote ... is assaulted by a political movement that claims to be striving for reform and people's empowerment," Sunai Phasuk, a senior researcher at Human Rights Watch, said of the protesters. "Everything that happened to-day shows they are striving for the opposite."

THE ASSOCIATED PRESS

Ferry disaster

Tourist boat sinks off Indian islands

A boat carrying local tourists capsized Sunday in India's Andaman Sea in the Bay of Bengal, killing 21 people, officials said. Thirteen were rescued, said top Administrator P. Jawahar. Rescuers were looking for another 11 people believed to be missing, she said. The boat sank off the eastern Andaman and Nicobar Islands, and police official Shahji said the tourists were all Indians. Initial reports said the ferry developed a crack in the hull and sank, according to Shahji, who uses one name.

THE ASSOCIATED PRESS

Congo

Explosions kill and wound many

The United Nations peacekeeping mission in Congo says explosions from an arms depot near the diamond-mining hub of Mbuji-Mayi have killed more than 20 people. A U.N. statement says the explosions injured 50 people and destroyed many houses. It says "official sources" determined that a lightning bolt on Friday hit the munitions depot of an army barracks outside Mbuji-Mayi and exploding shells hit homes some six kilometres away. **THE ASSOCIATED PRESS**

Be Prepared for Snow!

The overnight parking regulations will be in effect from December 15 until March 31, and will be enforced from 1 a.m. to 6 a.m. during declared snow and ice events only.

Would you like to receive a phone call, text message or e-mail notification when the parking ban is in effect?

To register go to www.halifax.ca/snow, email contacthrm@halifax.ca or call 311.

Provincial legislation

HRM reminds residents that Section 139 of the Motor Vehicle Act requires that people remove their vehicles from the streets, day or night, during a snow and ice event. Vehicles obstructing snow removal or winter maintenance operations can be removed at the owner's cost, regardless of time or date.

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HOW TO ROLL
Alison Griffiths
metronews.ca

How can I hack thee? Let me count the ways. Actually, the number of hackable devices/technologies and programs is rising so quickly, any list is outdated the moment it's created.

They (the hackers) are now peeking into your always-on nanny cam, taking a trip via your luggage-tracking device and breaking into your home computer locks.

Lest you think this is hyperbole, hobby hacker Amy Webb, head of Webbmmedia Group, notes in a recent article, "Our ever-expanding tech playground is mostly unsupervised. There is no playground teacher to blow a whistle when another kid takes control of your Bluetooth headset. There is no Norton Antivirus software for your garage door opener."

Fortunately, most of what

we do is, quite frankly, not worth hacking. Still, when it happens, it's a huge nuisance.

Witness the massive annoyance that resulted after the credit card breaches at Target and Neiman Marcus over the holidays. Cancelling cards, changing pins, passwords and watching account activity carefully has been a royal pain. Last week a Reuters story found at least three other major retailers have been similarly attacked.

And just this week, I had to cancel a credit card because an unidentified merchant site had been "compromised."

While Canadian chip credit cards are more secure than U.S. swipe cards, there are other security concerns — investment accounts, for example. My discount brokerage requires only a simple number-based code for log-in and password. Worse, I am allowed to use the same password for trading and access to the account. Six numbers gets me in and offers the key to trades and transfers.

Cyber security tips

- Turn off peripherals when not in use, including gaming consoles.
- Use long passwords made up of nonsense sentences with a capital letter and numbers, such as: "myKidhas4noses-1yelloweye&37legs."
- Use a number sequence, not a name, to identify your Wi-Fi network or mobile hot spot.

Most people don't monitor their investments — TFSA, RESP, RRSP, RRIF and non-registered account — regularly. That creates vulnerability. Protect yourself by being aware. Read investment statements monthly.

Avoiding hacking completely is tough, but you can take preventative action.

Keystone XL pipeline. Money can't buy their land



Ron and Jeanne Crumly, seen on their property in Page, Neb., say they won't allow the Keystone XL pipeline on their land, whatever they're offered. THE CANADIAN PRESS

Cash offers have been skyrocketing, as much as seven-fold, for holdout Nebraska landowners who are willing to sign quickly to allow the Keystone XL pipeline onto their property.

The landowners say they've received written offers from pipeline builder TransCanada Corp. in the last few weeks offering exponentially more money than initially promised, on the condition that they sign soon.

Those offers are pouring in at a pivotal moment for the Canada-U.S. pipeline, whose

proponents hope to start building this year. One family says it was initially guaranteed \$8,900 US in 2012 to allow the pipeline through its farm. Now, according to an offer sheet dated Jan. 13, 2014, the figure has surged to \$61,977.84 US.

"They're sick of us and they want to get it done," said Jeanne Crumly, a retired high school teacher whose husband's family has farmed for generations on that land near O'Neill, Neb. "They want it to be intimidating."

THE CANADIAN PRESS

Scientists' warning

Getting Alberta's oilsands products to U.S. carries risk

U.S. scientists are warning that there are environmental risks, regulatory holes and serious unknowns regarding the shipment of Alberta oilsands products by pipeline, rail and tanker.

Enbridge, the company behind the proposed Northern Gateway pipeline to the British Columbia coast, counters that most of the concerns raised in the report are out-of-date, overstated or are being resolved.

THE CANADIAN PRESS

Accepting cybercurrency

Bit by bit, Bitcoin is catching on

Will that be cash, credit card or Bitcoin? A small number of Canadian businesses now accept Bitcoin, the digital currency that made its debut five years ago, and has been gaining momentum ever since.

THE CANADIAN PRESS

SHAPE YOUR CITY You're Invited!

Intersections @ the Common

North Park Intersection Redesign - Community Engagement

HRM wants you to join the conversation. Come help shape your city.

WHAT: The Intersections at North Park Street are currently being redesigned to include roundabouts and HRM is holding a public engagement session to share the 50% design plans and discuss options for outdoor art, active transportation and new public spaces in the surrounding areas. Think about the future & your vision for the North Park Street area and come ready to provide input on the redesign.

WHEN: January 29, 2014 from 7-9 pm

WHERE: Halifax Forum, Maritime Hall, 6209 Almon Street

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halifax.ca/shapeyourcity

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Crossing the street is a shared responsibility

PARTNERS IN POLICING

GLEN RACE NEEDS HELP, NOT PRISON

Michael Knott did not deserve to die. Trevor Brewster did not deserve to die. Their family and friends should have more than memories today.

That said, Justice Kevin Coady was right Friday to declare Glen Race, the man who murdered both men, not criminally responsible for their 2007 deaths.

Three psychiatrists testified. Two were hired by the defence, one by the prosecution. They all concluded Race — a schizophrenic who believed he was following heavenly orders to wage war against vampires, demons and sinners when he stabbed the two men on separate occasions days apart — was too psychotic, too delusional to understand what he was doing was wrong, or the acts' consequences.

Even prosecutors did not oppose defence lawyer Joel Pink's application to have his client declared not criminally responsible.



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

"He suffered from a mental disorder on both occasions," the judge agreed, adding his finding wasn't an acquittal. "Instead of a jail cell, Mr. Race will be detained in a secure hospital under the control of the state until such time as he is no longer a threat to public safety."

Except...

There was a third killing. After the Nova Scotia murders, Glen Race fled. He broke into a hunting lodge in upstate New York, killed the caretaker and stole his pickup truck. He was finally arrested in Texas as he attempted to get to Mexico.

Race was initially returned to New York State to be tried for first-degree murder. Despite psychiatrist assessments, his lawyer didn't even try to claim Race was not guilty by reason of insanity. He was convicted in 2008 and sentenced to life in prison with no chance of parole.

Race was only allowed to return to Canada to face the

Three killings, two verdicts, one uncertainty

Race's Halifax lawyer, Joel Pink, is now trying to convince a New York law firm to attempt to reopen the case there. If not, Glen Race will end up in a prison instead of a hospital, punished because of his mental illness rather than treated for it.

murder charges here on the understanding that, as soon as Nova Scotia's legal proceedings ended, he would be returned to the notorious Attica prison in New York to continue serving his life sentence. That's apparently already happened.

Race's Halifax lawyer, Joel Pink, is now trying to convince a New York law firm to attempt to reopen the case there. If not, Glen Race will end up in a prison instead of a hospital, punished because of his mental illness rather than treated for it.

ZOOM

Pope's symbol of peace snatched



GREGORIO BORGIA/THE ASSOCIATED PRESS



Pope Francis looks at two children as they free doves during the Angelus prayer he celebrated from the window of his studio overlooking St. Peter's Square, at the Vatican Sunday. GREGORIO BORGIA/THE ASSOCIATED PRESS

Seagull attacks released dove

A dove which was freed by children flanking Pope Francis was attacked by a seagull moments later.

The symbol of peace came under attack at the Vatican. Two white doves were sent fluttering into the air as a peace gesture as tens of thousands of people watched in St. Peter's Square below. After the Pope and the two children left the windows, a

seagull and a big black crow quickly swept down, attacking the doves, including one which had briefly perched on a windowsill on a lower floor. One dove lost some feathers as it broke free of the gull, while the crow pecked repeatedly at the other dove. The doves' fate was not immediately known.

While speaking at the window, Francis appealed for peace to prevail in Ukraine.

THE ASSOCIATED PRESS

Clickbait



LUKE SIMCOE
Metro Online

Now that folks have figured out how to safely jailbreak iOS 7, iPhone users can once again wade into a world of mobile apps that weren't approved by the ghost of Steve Jobs. Here are some of the more popular and useful jail-broken apps. To use them, you'll have to jailbreak your iPhone (instructions can be found on the Internet, but proceed at your own risk) and install the unofficial app store, Cydia.



GETTY IMAGES

BatterySafe:

If you're less than satisfied by your iPhone's battery life, try BatterySafe. When your phone gets low on power, BatterySafe automatically turns off power-hungry features like Bluetooth and Wi-Fi.

Activator:

This app allows you to create custom gestures and button combinations. For example, you could use the volume rocker to launch an app or create a ges-

ture to send you to your home screen.

Board:

An example of the breadth of tweaks available for jail-broken phones, this simple app lets you use the sleek, dark keyboard by default in iOS 7.

CCControls:

This handy application lets you customize iOS 7's new control centre, letting you change the look and feel as well as add other toggles.

Twitter

@metropicks asked: A teen takes control of a plane after the pilot faints. What would be your reaction in this situation?

@DariaTuhtar: To quote Carrie Underwood: "Jesus, take the wheel."

@TaraEWilkins: I'd like to think I'd do the same but I'd probably have a panic attack and throw up. Sadly, it wouldn't be the first time I've done that either...

@notmattdaubs: I would try to chan-

nel the ghost of Leslie Nielsen.

@edmontongue: i would dirty my pants

@KashifMasudAwan: I would announce: do we have any working pilots on plane, lol

@Canucklehead_ca: Clearly take advantage of the distraction to commandeer the bar cart.

@nightowlinc: Put my head between my legs and kiss my ass goodbye.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Wow, those white boys sure can rap: Grammys



Macklemore & Ryan Lewis took home the best rap album, song, performance and best new artist awards. ALL PHOTOS GETTY IMAGES

Macklemore & Ryan Lewis, Daft Punk clean up. Drake is apparently the best they never had as he is shut out

Macklemore & Ryan Lewis made off with four trophies — including a sweep of the major rap categories — while Daft Punk hauled in five awards at the 56th Grammy Awards.

The breakout Seattle pop-rap duo behind Thrift Shop and Can't Hold Us trumped competition including Kendrick Lamar, Kanye West and Toronto's Drake — who entered the day with five nom-

inations but lost four of them during the lengthy pre-telecast — to win best rap song, performance and album before claiming best new artist.

The wins for Macklemore & Ryan Lewis might have heralded a big night for hip-hop, although the victories for the pop-leaning duo over more critically acclaimed works from Lamar, West and Drake were bound to generate controversy in rap circles.

But the pair were edged out by the critically beloved French dance duo Daft Punk, who won five Grammys including best dance/electronic album and album of the year for their influential Random Access Memories, best pop/duo group performance for their summer-stealing

Pharrell Williams collaboration Blurred Lines, and record of year for Get Lucky.

As usual, the pair took the stage clad in huge metal helmets and refused to speak, leaving Williams to do the talking.

Beyoncé opened the show with her new single Drunk in Love. She kicked off the broadcast with steam-sopped hair, cavorting suggestively around a chair before a tuxedoed Jay-Z bopped onstage and led his partner down the stairs by the hand, serenading her with his guest verse. Later, Jay-Z also delivered one of the evening's most charmingly shambolic acceptance speeches after winning best rap/sung collaboration for his Justin Timberlake hookup Holy Grail.

Online

For more coverage and a complete list of winners, visit metronews.ca

New Zealander Lorde won an award for best pop solo performance and song of the year. Elsewhere, Adele claimed her 10th Grammy — this time best song written for visual media for her Skyfall theme — while Rihanna picked up her seventh.

The Grammys also included a reunion of the two surviving members of the Beatles as Paul McCartney and Ringo Starr joined forces for Queenie Eye.

THE CANADIAN PRESS

Pharrell's OV Mountie-style fedora — or is that Phedora — was the star of the show. It had its own Twitter handle in minutes, with companies like Gain and Arby's trying to horn in on the attention.



Madonna and her son David, in a throwback to her Open Your Heart video, with a bit of a nod to the late, great MJ.



Katy Perry hits the right note in this dress by Valentino.

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TOP
SIX@6

Weeknights at 6 K8 counts down the HOTTEST songs of the day

- 6 A Great Big World ft Christina Aguilera Say Something
- 5 Katy Perry Ft Juicy J Dark Horse
- 4 Beyoncé XO
- 3 Eminem ft Rihanna The Monster
- 2 Passenger Let her Go
- 1 Pitbull ft Ke\$ha Timber

101.3 THE BOUNCE



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Justin Bieber. ALL PHOTOS GETTY IMAGES

Justin's ex-housekeeper no longer a Belieber

He may be out of jail, but Justin Bieber isn't out of the woods just yet. In fact, a former housekeeper is worried it's all downhill from here. "I'm terrified he'll become the next Michael Jackson. If he doesn't act now I will hear one day that he has passed away. It is heartbreaking," Tatiana Voziouk tells Britain's

Sunday People. "The drugs and hangers-on are turning Justin into a zombie." Voziouk, who began working for Bieber in 2012 and was recently let go, says she witnessed plenty of prescription drugs, marijuana and other substances on the premises. "I was always picking up joint butts and stubs from

the kitchen, lounge and pool area where they had been thrown," she says, adding that she'd voiced concerns about Bieber's decline to his mother and manager, but to no avail. "Justin was once a sweetheart — kind, considerate and a talented boy, and now I am concerned for him," she says. "He's now a lost boy."

Blanchett blames the booze for speech

If Cate Blanchett's Golden Globes acceptance speech was a bit irreverent or off-kilter, she has a perfectly good reason. Also, she doesn't quite remember what she said, if anyone has a transcript handy. "Unfortunately, my category came

up rather late in the evening, so I was a couple of sheets to the wind," she tells the Telegraph. "Once your name is read out, it's a high like no other so I can't remember a lot. I hope I didn't do too many things I'll regret."



Cate Blanchett

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Thanks for the mental images Jen and Ben!



STARGAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence talks "armpit vagina" at the SAG Awards and Ben Affleck jokes about his penis size at the PGA Awards. They were both immediately nominated for the TMI Awards.

Bachelor Juan Pablo Galavis says that a gay version of The Bachelor would be perverted and could harm children. Then he goes back to groping



drunken strangers in hot tubs for money while talking about his daughter.

This week in stripping. 1) Magic Mike's Joe Manganiello is considering becom-

ing a partner in a male strip club. 2) Justin Bieber spends some \$75,000 US at a Miami strip club. 3) Mark Ruffalo says that he really wants to do a stand-alone Hulk movie.

Katy Perry says that she fervently prayed for really big boobs when she was a kid. Well, I for one have just been miraculously cured of my atheism.

Dennis Rodman goes to rehab. Presumably for everything.

Victoria Beckham says that "I won't ever do it again" when asked about a Spice Girls reunion. Interestingly, she said the exact same thing when asked about smiling and eating lunch.

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Book excerpt

Go ahead, teen, make my day

What teenager ever wanted to do something that their parents are allowing them to do? I decided there are a few things we should give our teenagers "permission" to actually do:

- Smirking and eye-rolling are Pediatric Association-approved methods ... of improving connectivity to the part of the brain that controls trigonometry. Carry on!
- Don't speak with clarity and respect. Grunting with an air of condescension and annoyance can actually soothe the vocal chords.
- Get at least eight hours of

screen time per day. Continued exposure to alternative methods of entertainment, such as street hockey, swimming, cycling, and running, can result in unsightly muscles and toned legs, and take away from the challenge of piercing a particularly thick area in the midsection.

- Sleep only during daylight hours. Prolonged exposure to sunlight makes you more

attractive to the opposite sex ... who will just get in the way of fitting in your eight hours of screen time.

Once they have permission, these acts will suffer from omission, in my experience. **EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013. AVAILABLE AT BOOKSTORES EVERYWHERE.**

Exclusively online

Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, best-selling book *Reasons Mommy Drinks*, at metronews.ca/voices.

Hide the iPad, lie about fast food

Parenting. The small deceptions and hidden vices of raising kids

Mom Shannon McCormick loves fruits and vegetables and wants to pass that on to her four-year-old, but her resolve is tested when she encounters her nemesis: the tomato.

"Tomatoes are my kryptonite. My daughter loves them and I don't want to even suggest that they're anything less than delicious," said McCormick, in Columbus, Ohio.

That's why she choked down a chunk when her child stabbed it with a fork and held it to her lips a few months back.

"I just sat there and looked at her and thought, 'Well, I just have to do this,'" McCormick recalled. "I swallowed it whole."

Kids, parents are people, too. Remember that when you're older and learn of all the little things yours hid from you. Absent serious crimes and misdemeanours, you'll live to tell about it. Consider such moments great family stories and decide for yourselves whether you want to carry on the time-honoured tradition of hidden vices and small deceptions in parenting.

"I've been hiding Twinkies under the front car seat since my first kid was in diapers," said Genevieve West, a stay-at-



Shannon McCormick, left, cutting up a tomato for her four-year-old daughter Sophie Chapman. Although not fond of tomatoes, McCormick keeps that fact from her daughter, who loves them. ROBERT LEITCH, THE MEDIA SOURCE/ THE ASSOCIATED PRESS

home mom of three in Portland, Ore. "Now that she's 12, my husband and I hide all evidence of our Starbucks trips or Thai takeout so we don't suffer her wrath."

Fast food was also a problem for Katrina Olson in Urbana, Ill.

"My husband abhors it, so when our girls were toddlers and wanted to go to McDonald's, we told them it was closed for cleaning on Tuesdays

or Thursdays, or whatever day it happened to be. It worked for several years," she said.

Elisabeth Wilkins in Portland, Maine, is the editor of *Empoweringparents.com*, dedicated to helping parents change kids' questionable behaviour. But Wilkins is also something else: a third-generation chocolate hider, on the matriarchal side. "My brother and I would find it in the coat closet or the

back of the freezer," she said.

Her son is now 11 and inherited that sensitive chocolate nose. "Sometimes I go into the bedroom and shut the door for, like, a half-hour and have a little bit of chocolate, then I'll go rinse my mouth out. Seriously. You feel responsible. You don't want to teach them bad habits. You don't want to teach them your bad habits," she said.

Eli Federman in Miami

Quoted

"You don't want to teach them bad habits. You don't want to teach them your bad habits."

Elisabeth Wilkins, mom of two who hides her love of chocolate from her kids by eating it in her bedroom

Beach, Fla., understands. He's the senior vice-president and co-founder of an online startup that offers flash sales on electronics, but he and his wife quickly realized that handing over an iPad to their daughter before she hit her second birthday was a mistake.

"She was always attracted to the iPhone. When she was around 1 we bought her the mini iPad. We thought because of the kids games that are on there, and because of the learning apps, she could interact," he said.

And interact she did. "It just got so out of control. Even when she went to sleep she would request it. She'd be in the crib shaking the crib going, 'iPad, iPad, iPad.' She refused to go to sleep without it. There was no moderation. We were, like, we have to get rid of this, but we wanted it for ourselves, so we lock it in the chemical cabinet and wait to use it when she's sleeping or we're out or something," he said.

THE ASSOCIATED PRESS

Internet through kid eyes

A survey of more than 5,400 Canadian kids in grades 4 through 11 found a majority had their own cellphone, while almost one in four of the youngest kids had a mobile device.

The non-profit organization MediaSmarts worked with schools and parents in each province and territory to conduct the survey, which asked kids a few dozen questions about their Internet usage.

It wasn't surprising that nearly 90 per cent of the old-

est students have their own cellphone, said MediaSmarts director of education Matthew Johnson.

But it was eye-opening for him to learn that about a quarter of nine- and 10-year-old students had their own device.

"The numbers were definitely higher than we expected at the younger end," said Johnson. "The surprise is definitely in those early three grades (four through six)."

Another surprising finding was how differently boys and

girls viewed Internet safety.

"Girls are more likely to agree that 'the Internet is a dangerous place' for them and in general, experience the Internet and the online world as a much more hostile and worrying place," he said.

About 82 per cent of the girls and 63 per cent of the boys surveyed agreed when asked if they thought they could be hurt by online strangers, while 51 per cent of the girls and 61 per cent of the boys said they considered the



Internet safe.

When asked if they're with an adult while using the Internet, 80 per cent said either rarely or never. Among the Grade 4 kids, 30 per cent said usually, 45 per cent said rarely

and 20 per cent said never.

"The fact that one in five of the youngest students in this study are saying they're never supervised by an adult ... is definitely worrying," Johnson said. THE CANADIAN PRESS

From the roots up: Beef Barley Soup gets earthy



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

Beef barley soup is the most comforting soup you can eat during the winter months.

Traditionally it is a classic soup made with stewing beef, carrots, celery, onion and tomatoes.

But in my version I have used root vegetables, which make all the difference. I also love it because it's a one-pot meal. You have protein, vegetables and grains.

Stewing beef is one of the leanest meats you can buy, but it is not as tender. That is why you tenderize the beef by adding it to a simmering soup. You want large cuts of meat from either the front shoulder or the rear end such as chuck, bottom round, pot roast or top round.

Barley has a rich nut-like flavor and a tasty, chewy pasta-like consistency. It is a good complex carbohydrate loaded with fiber, manganese and selenium.

Feel free to experiment with other root vegetables of your choice. This type of vegetable is also great as hearty side dishes or vegetarian mains. A good mixture of root vegetables always works because they pair so nicely, but putting the spotlight on sweet potatoes, for example, will also please everyone at your table.

The soup can be made two days in advance. All you'll have to do is add more stock when reheating. It also freezes well and is great for leftovers with a thick slice of bread.

Directions

1. Dust the beef with flour. In a large skillet sprayed with

vegetable oil, sear the beef just until browned on all sides (about 3 minutes). Set aside.

2. In a large saucepan, add the oil and sauté the onions with the garlic over medium heat for 5 minutes. Add the mushrooms and sauté for 5 minutes or until no longer wet. Add the potatoes, sweet potatoes, parsnips, beef stock and barley, cover and simmer for 25 minutes or until the beef is tender and

FLASH FOOD



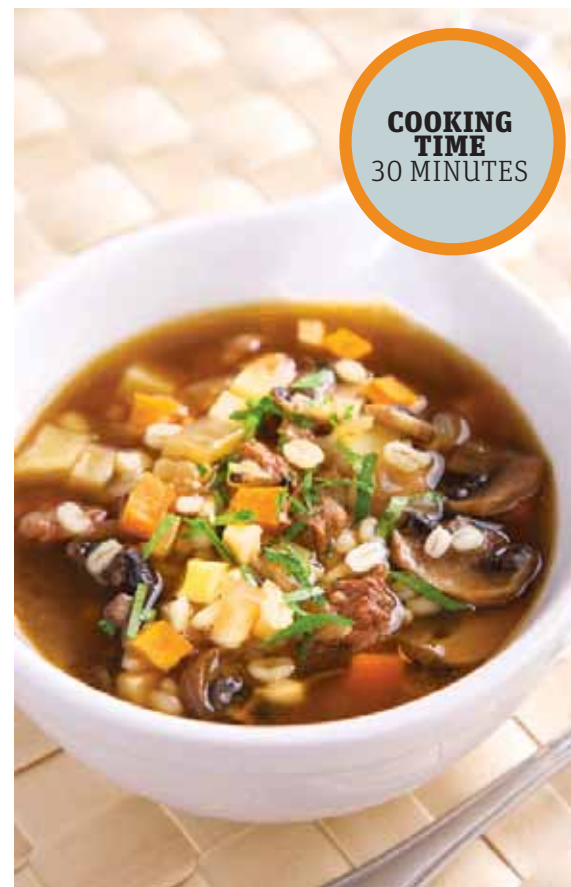
From your stove
to your table in
30 minutes or less

the barley is cooked. Add the Worcestershire sauce and salt and pepper.

3. Ladle into individual bowls and garnish with parsley. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 8 oz stewing beef, cut into small cubes
- 2 tbsp all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups diced onions
- 2 tsp crushed garlic
- 2 cups sliced button mushrooms
- 3/4 cup diced potato
- 3/4 cup diced sweet potato
- 3/4 cup diced parsnip
- 4 cups low-sodium beef stock
- 1/4 cup pearl barley
- 1 tbsp Worcestershire sauce
- pinch of salt and pepper
- 1/4 cup chopped parsley



**COOKING
TIME
30 MINUTES**

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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Be real when tackling your study distractions

Killing habits entirely is ambitious.

Switching locations, going for a walk or moving to your favourite song can help break up a long session and make it more tolerable and fun

VICKI
SALEMI

Metro World News

Twitter, Angry Birds and intramural volleyball, oh my! Distractions have never been so ubiquitous on college campuses.

This college generation is "wired for and thrives on a constant interrupt cycle," says Caroline L. Arnold, author of *Small Move, Big Change: Using Microresolutions to Transform Your Life Permanently*.

But trying to shut down all of the interruptions to eliminate distractions may actually be counterproductive. Instead, students need

to learn to manage distractions differently.

Arnold, managing director at a leading investment banking firm, recommends limiting the duration, frequency and type of interruptions by making small changes, instead of overhauling habits completely.

Students should examine their own distraction patterns to find the "microresolutions" most likely to have a positive impact on study habits. "A microresolution must be easy, specific and measurable to succeed," Arnold advises.

For instance, Arnold recommends taking a 10-minute walk every two hours. "The walk will refresh your head with a change of scenery, exerting physical energy," she says. Plus, walking is meditative and good for problem-solving.

Another option is taking a short break to get your groove on. "Getting up to dance to a couple of numbers every hour is also a great body/brain refresher,"

Tips for success

- **Location, location, location.** Change your study location every hour. New research shows that moving locations — even from the desk to the bed or from the bed to kitchen — helps keep thinking sharp.

- **See research through.** Stick to your task online when performing research. Getting sidetracked is inevitable — if you let it. "If you are looking up the year the British quit India, carry through your search with single-minded purpose," Arnold says. Only allow a distraction after that task has been completed.

- **Phone cravings.** Turn off your smartphone for 15 minutes every hour and see how it affects your productivity.

Arnold says.

Another self-imposed behavior includes watching the clock regarding social media. One "like" here, one comment there, the next



Make a five-minute-per-hour social media pact with yourself before studying and stick to it. These mini breaks will actually help break up your study load. ISTOCK

thing you know an entire hour has vanished. Arnold recommends limiting social media to five minutes per session. "Distracting yourself with social media and/or gaming apps actually could help break study im-

passes and stimulate new thoughts," she says. So instead of eliminating social media altogether, Arnold suggests making a pact prior to starting digging into work to determine the length of the break and how many

breaks you'll give yourself each hour. "Commit yourself to living within those limits," she says. "The limits will actually help you enjoy your breaks more, because they won't feel furtive and guilty."



People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)



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Raven Barber after loss: 'We need more heart'

NBL Canada. Loss to Miracles not as disappointing as lack of effort from 6-23 squad



ANDREW RANKIN
andrew.rankin@metronews.ca

Oludamilola Sapara prides himself on being an unwaveringly positive, optimistic guy.

But the Halifax Rainmen guard's resolve was tested after his team's uninspiring performance that led to a 105-97 loss to the Moncton Miracles before 1,340 fans at the Metro Centre on Sunday.

"It's tough; I try to stay as positive as possible ... I learned that from my upbringing," said Sapara. "I try to bring that mentality to the team. Nights like this we can't have."

From the get-go, the Rainmen looked like a sluggish group that was out of sorts. The Miracles were only too happy to take advantage, outscoring Halifax in three out of four quarters, handing the home squad its second straight loss.

"We dug a hole too deep that we couldn't fight back from. We have to learn from this, but as we get closer and closer to the playoffs we can't continue to make these mental mistakes. We can't win a game, let alone a playoff series, with that many mistakes."

Dead last in the NBL standings with a record of 6-23, the Rainmen's two straight wins last weekend seem all but a distant memory now. On Sunday, the home team



The Rainmen's Olumuyiwa Famutimi, left, pushes past the Moncton Miracles' Johnny Mayhane during NBL game action at the Halifax Metro Centre on Sunday. JEFF HARPER/METRO

Competitive lapse

"What can I say? We have to get back in the gym and see what else we can actually do."

Rainmen forward Raven Barber on his team's uninspired loss to the Moncton Miracles

fell back into its old habits of falling behind early, struggling to execute plays at both ends of the court and coming up short in a late comeback attempt.

This time, going into the fourth quarter down seven points, the Rainmen couldn't get it done.

Rainmen point guard Cheyenne Gadson made his re-

turn to the lineup after missing more than three weeks with an injury. He looked rusty, picking up a season-low four points to go with three assists in 28 minutes of action.

But one of Halifax's bright lights was Raven Barber, who finished with 20 points and 10 rebounds, but failed to inspire a sustained push from his supporting cast.

He didn't mince words in

his assessment of his team's performance.

"We need more heart, that's the main thing," said Barber. "We need to work on our defence ... a lot."

Miracles guard Johnny Mayhane collected a game-high 23 points, while Olumuyiwa Famutimi paced the Rainmen with 22 points.

The Rainmen hit the road Wednesday for a rematch with the Miracles.

Rookie helps shorthanded Herd to seventh straight



The Mooseheads' Philippe Gadoury said he is feeling OK after a vicious hit on Saturday. JEFF HARPER/METRO

The Halifax Mooseheads' unheralded rookie was the difference-maker on Saturday night.

After Friday's dominating 4-1 home victory over the Chicoutimi Saguenéens, the team was tested less than 24 hours later against the Cape Breton Screaming Eagles, losing their top-line forward Philippe Gadoury to a vicious second-period hit.

But Timo Meier led the charge with a goal and a pair of assists in the Mooseheads' come-from-behind 4-2 victory,

earning their seventh straight win before 10,311 fans at the Metro Centre.

"We stood together," said Meier about his squad's response to the loss of Gadoury. "It's our job to stay focused."

With the Herd already down 1-0, Gadoury was knocked out of the game early in the second frame by Justin Hache, who was slapped with a game misconduct.

The Mooseheads responded with a pair of goals to end the frame with a one-goal lead.

After Cape Breton tied the tilt early in the third, the Mooseheads responded four minutes later when Meier streaked up the wing, sliding a perfect pass to rookie Andrew Shewfelt, who made no mistake. Meier would add another for good measure to put the contest on ice.

For the Swiss native, his performance was simply a product of perseverance.

"Our line tried to work as hard as possible, making easy, simple plays. We finally were

rewarded because we kept on working."

Gadoury, who will be re-evaluated by a doctor on Monday, appeared OK after the win.

"I think it wasn't necessary, but things happen," said Gadoury, who has five goals in seven games with the Herd, of the hit. "But I feel pretty good; I did some tests already and they came out OK."

The Mooseheads hit the road Friday to take on the Shawinigan Cataractes.

ANDREW RANKIN/METRO

Rangers knock one out of the park

NHL. Blueshirts channel Yankees in second-period barrage to down Devils in Stadium Series game

After sun reflecting off the ice delayed the first hockey game at Yankee Stadium, the New York Rangers and pinstriped goalie Henrik Lundqvist beat the New Jersey Devils 7-3 in snow and cold Sunday.

Rick Nash scored for the fifth straight game, and the New York Rangers used a four-goal second period to take the lead for good.

The Devils led 1-0 and 3-1 in the first, but New York got within one before intermission and then swarmed future Hall of Fame goalie Martin Brodeur.

After Dominic Moore and Marc Staal had goals in the first for the Rangers, Mats Zuccarello scored two straight to put New York ahead for the first time. Carl Hagelin and Nash found the net, too, behind the beleaguered Brodeur, who angrily swatted the puck away after one of the tallies.

Nash has seven goals in his streak and 18 this season.

A day after the Los Angeles Kings and Anaheim Ducks played in 15 C weather at Dodger Stadium, the NHL returned to conditions more fitting for hockey.

Lundqvist, who sported stylish pinstriped pads for the occasion, stumbled through a difficult first but settled down and made 19 saves.

The teams played through the second period as the snow started and increased in intensity, not long after they were forced to wait around an extra hour to drop the puck because of bright sunshine that created a dangerous glare on the ice.

The temperature was -4 C when the first puck dropped at 1:41 p.m. in front of a sellout crowd of 50,105.

THE ASSOCIATED PRESS

Battle of New York

Yankee Stadium's second hockey game will take place on Wednesday night when the Rangers will again be the road team in a matchup with the New York Islanders.



The Rangers celebrate Carl Hagelin's second-period goal in a 7-3 win over the Devils on Sunday at Yankee Stadium. BRUCE BENNETT/GETTY IMAGES

Tennis. Wawrinka puts wrinkle in Rafa's title hopes

Before the tournament had even started, Rafael Nadal described the Australian Open as his unlucky Grand Slam.

But this year it seemed like the injury jinx that had plagued him in previous years — 2006, 2010, 2011, 2013 — had finally lifted.

That was until he got to the final — a match Nadal entered as the favourite against Stanislas Wawrinka. The top-ranked Nadal had beaten Wawrinka in all 12 of their previous matches.

Not only did Nadal lose, 6-3, 6-2, 3-6, 6-3, but he was loudly booed after taking a medical time out in the second set. He

Grand Slam graciousness



"It's really not the way you want to win a tennis match, but

in a Grand Slam final I'll take it." Stanislas Wawrinka

pushed the match to four sets, but the 13-time major winner was struggling. The crowd rallied behind him chanting "Ra-Fa! Ra-Fa!" when he refused to quit. THE ASSOCIATED PRESS

Bobsled

Humphries snags world title

Canada's Kaillie Humphries edged Elana Meyers of the United States by the slimmest of margins Sunday for the overall women's World Cup bobsled title.

The Calgary native finished with 1,629 points, one more than Meyers. If Humphries — the Olympic champion and now a two-time overall World Cup winner — was 0.03 seconds slower Sunday, Meyers would have won the title. THE ASSOCIATED PRESS

NBA

Bosh goes bananas vs. Spurs

Chris Bosh scored 24 points on 9 for 10 shooting, LeBron James added 18 points and the Miami Heat rolled past the San Antonio Spurs 113-101 on Sunday in an NBA Finals rematch from last season. Mario Chalmers scored 16 points for Miami, which used Dwyane Wade as a reserve for the first time since 2008. Wade had not played in the last four games with knee trouble and finished with eight points and five assists in 24 minutes. THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

You will find it easier to be assertive this week but that does not mean you can order people around for the fun of it. Try to work harmoniously with those who share your aims.

Taurus

April 21 - May 21

You have been worrying about something for no reason and what happens over the next few days will convince you that you have in fact been rather lucky. That luck will continue as someone makes you an offer you won't want to refuse.

Gemini

May 22 - June 21

Listen to your instincts today because they are sharper than ever. If your inner voice tells you one thing while the so-called experts tell you another, you can bet they have got it wrong.

Cancer

June 22 - July 23

Current cosmic activity makes you sensitive to changes, to the extent that you will sense when something is about to happen hours before it actually occurs. With that kind of advantage how can you possibly fail?

Leo

July 24 - Aug. 23

If you work with the planets this week, you will find ways to shape your destiny. If you work against them your destiny will still change but maybe not in ways you feel comfortable with.

Virgo

Aug. 24 - Sept. 23

Why merely fantasize about being where family and financial worries play no part when, with a little bit of effort, you can make it happen? Stop thinking and start acting.

Libra

Sept. 24 - Oct. 23

You have been avoiding making some kind of decision but the time is rapidly approaching when you must act swiftly. You know what has to be done, so quit stalling and get busy.

Scorpio

Oct. 24 - Nov. 22

Don't do something just because it is forbidden today. It may be fun breaking the rules but it could be costly. Risks are allowed but they must be of the calculated variety. Anything else is asking for trouble.

Sagittarius

Nov. 23 - Dec. 21

Your main task over the next few days is to find ways to fulfill your obligations, while still having fun socially. For best results, steer clear of extremes and steer clear of people who bring out the worst in you.

Capricorn

Dec. 22 - Jan. 20

Try to be less suspicious when dealing with people on a professional level. That kind of attitude is self-fulfilling. If you think everyone is a shark then that is the kind of person you are going to attract.

Aquarius

Jan. 21 - Feb. 19

The trend that dominates your life at the moment is positive, so stop trying to change things and go with the flow. Some events may seem negative to begin with this week but they will have positive results.

Pisces

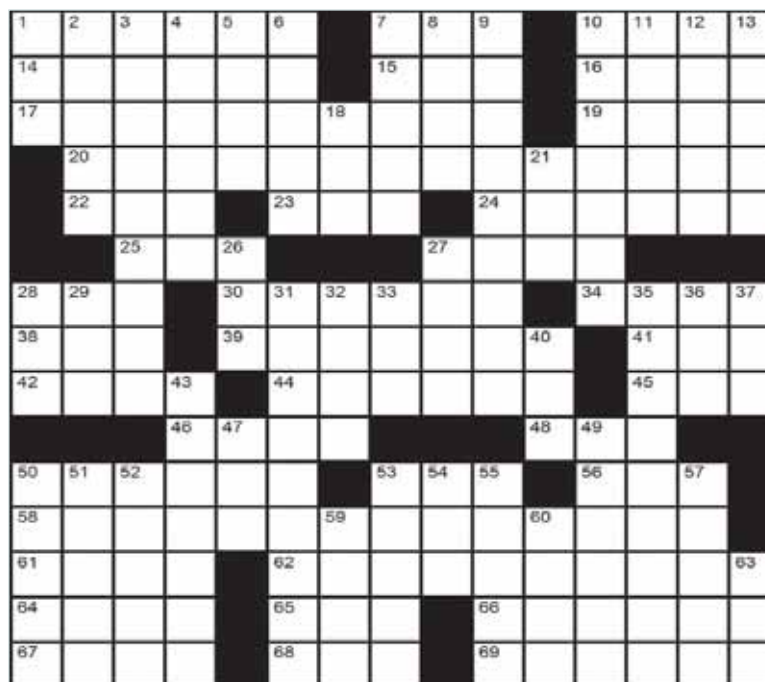
Feb. 20 - March 20

A quick decision isn't always the best, so stop worrying you're being left behind and need to catch up. You're where you need to be and don't need to change a thing. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Scoots
7. Segment, shortly
10. Aria in Verdi's opera Rigoletto: "___ nome"
14. Mr. Borgnine
15. Cellular stuff
16. Mary Kay rival
17. Northern Alberta community near the BC border: 2 wds.
19. Ms. Moreno
20. Canadian band for Shaun Verreault, Safwan Javed and Gordie Johnson: 3 wds.
22. 'Client' completer
23. Pics-taker of the stars
24. Eastern Townships ski resort, Mont ___
25. Gladiator's 1550
27. Ploy
28. Podded plant
30. Toronto-born musician, Rik ___
34. Skim
38. Prefix with 'cycle'
39. Reality TV producer Mark
41. Past
42. Salon products
44. Body of water for Moses: 2 wds.
45. Novel
46. Hints
48. Central
50. Ms. Fawcett



53. Halifax hrs.
56. Patty Hearst's kidnappers [acronym]
58. Historic Toronto accommodation for TV show guests: 3 wds.
61. Language of Pakistan
62. The Who's "Out

- here in the fields..." song: 2 wds.
64. 'Social' suffixes
65. Leandro's beloved
66. Backtrack to a happening
67. Covers roads
68. Internet hookup, commonly
69. Actor Nick's

surnamesakes

Down

1. Hugh Jackman's wife, to Hugh
2. "What ___ fighting for?" - Robert Service
3. Letter sent in an envelope: 2 wds.
4. Did a Border Col- lie's job

5. 'Opal' suffix
6. Postage
7. Wither: 2 wds.
8. "How could ___?" (It was hard to refuse)
9. Canadian coffee roaster since 1919: 2 wds.
10. Wine-holding containers

11. Dispatch boat
12. Tilt-___ aircraft
13. "...so ___ so forth."
18. Jennifer Lopez's first hubby, Ojani ___
21. Bride's new title
26. Beirut's locale [abbr.]
27. Paths, for short
28. Certain canine
29. Compass point
31. Flipped-from-the-wall retro mattress: 2 wds.
32. Military food packets, commonly
33. Terminate
35. Like many a romantic dinner
36. Birthday number
37. Immediately
40. ___-o'-shanter
43. Waltz composer, Johann ___ (b.1804 - d.1849)
47. 'President' suffix
49. U2's "___ Haven't Found What I'm Looking For"
50. Produce product
51. Major artery
52. Actress Winona
53. Tree, in Spain
54. Style of music
55. "Every Rose Has Its ___" by Poison
57. Pain relief brand
59. Paddles
60. Nabisco cookie
63. "Affirmative."

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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-5° / -12°

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